TALON

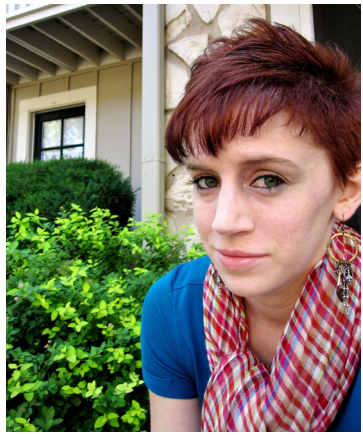


October 2012

Fresh Faces

62nd Issue

From One to Another



Hello All!

Mid-terms have passed, and I am counting down the days until our next break! Spring registration is right around the corner so don't forget to start planning your schedule.

With fall activities in full swing, we wanted to take the time to get to know some of our fresh Avila faces. The Talon team interviewed quite a few people, so be sure to look for the ones you know! We also have some avid iPhone users on our team, so we covered the new iPhone 5 and iOS 6 software, a fresh face in itself.

We hope you enjoy this special issue and make sure to check out your weekly Eagle Eyes to see all the fun Halloween festivities coming up!

Cheers,

Liz Carroll

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Editorial Policy
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The Talon News Magazine encourages letters to the editor. These may be submitted electronically or in writing and should include the writer's name, address, and telephone numbers for verification purposes.

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Parking Wars!

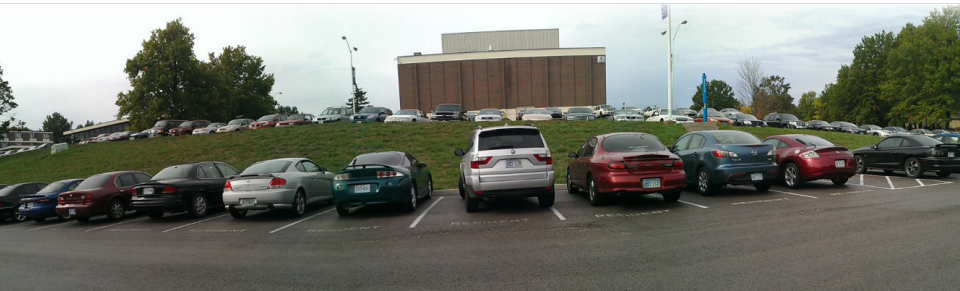
Lack of parking spaces on campus is causing an uproar between students and campus safety.

Many are familiar with the hit A&E show "Parking Wars," where independent towing companies in big cities like New York face off against illegal parkers. In the show, fugitive parkers go to extremes to keep their cars from being towed and plead their cases to the imperturbable Judge Caprio.

Avila students may not have reached these extremes yet, but there has undoubtedly been an increase of frustration when it comes to parking on campus this semester.

According to the Campus Safety department, in the parking lots surrounding campus, there are 250 designated spaces for residents, 40 for employees, and 25 for disabled or handicapped. The remaining 500 undesignated spaces are open for commuters, visitors, and future Avila students. There are approximately 1800 students currently enrolled—this number excludes employees and visitors—and a total of 815 parking spaces. With these numbers, parking at Avila is like a never ending game of musical chairs. Someone is always left without a place to park.

"We are working on designating a number of parking spaces for resident students equal to the number of parking permits issued by the Campus Safety office and ask that resident





Student Hayley Keith angry about receiving a parking violation after parking in an "Employee" spot that recently was open to students near Dallavis Center.

Photo taken by Michelle Beeler

students park only in resident parking spaces as instructed," said Chris Roberts, manager of Campus Safety.

For those students residing in Carondelet, the best parking is in front of the third floor of Avila Hall or the drive to the north down the hill. Students in Ridgway are asked to park in the lot between Ridgway and Thompson. Next to Carondelet, there will be spaces for commuter students and employees, although the majority of that parking is in the large lot north of Blasco and the lots along the west half of campus.

In the past few years, many commuters found a resolution to the lack of spaces by parking along Oak Street hill behind Dallavis Center. This proved to be a solution until the city of Kansas began ticketing those cars with no prior warning to tell students it was a no-parking zone. Now, there are clear no-parking signs along the Oak Street hill to deter students from congesting the street. Commuters are now asked to park along the residential streets surrounding campus when no spaces are available in the Blasco lot.

"Avila also is fortunate in this large metro area to have three sides of campus surrounded by peaceful residential streets. It's no different than parking in any residential or business area, such as the Country Club Plaza or downtown Kansas City. People need to use due diligence and care anytime they park on a public street," said Roberts.

Parking Cont'd.

For being less than half way through the semester, the mere number of parking violations is proof that there is a problem. Many of the violations were due to students not having a parking permit. The majority of others were for cars parked in places that were not parking spaces. Failure to park inside the spaces causes obstruction of traffic and can prevent the entrance of emergency vehicles.

"By everybody having a parking permit in a similar location, this aids Campus Safety's ability to identify vehicles quickly and be able to quickly spot vehicles of strangers or visitors. This allows Campus Safety to be more vigilant in detecting possible security concerns," said Roberts. Students, faculty, and staff are asked to aid Campus Safety in maintaining Avila's reputation as a safe place to be. Everyone is encouraged to do their part by following the parking policy which allows smooth traffic flow on and around campus. For Avila's full parking policy, refer to the student handbook at www.avila.com.

By Justine Phillips





Freshman Clara Scott Odessa, MO Golf

What made you choose Avila?

I chose my major, Radiologic Science, and researched some colleges close to home that had a good radiologic program. Avila was close to home, the perfect size, and seemed like a perfect match for me.

How is college different from high school?

I like that I don't have to go to school for 8 hours every day. That's the biggest difference for me. It's nice to wake up late and study before you go to class.

What has surprised you most about college?

I thought the classes would be really difficult and the professors would be dull. Instead, I really like all my professors. They have helped make my college experience great so far.

Has it been hard making new friends, or being away from your friends in your hometown?

The first week or so it was very hard being away from all of my friends. I soon made friends from my dorm and from the golf team though. I still miss my hometown friends but it's easier not seeing them every day now.

How is living on your own (in the dorms)?

I've made more friends living in the dorm than I would have if I commuted. If you need a study buddy, chances are there's somebody in your class that's on your dorm floor. Also it's nice to have a movie night in the lobby and make new friends.

Without your parents there to tell you to do your homework, how has your time management changed?

I was terrible at time management but after my first test I realized that I need to spend more time studying and working on my homework.

Have you had any troubles with your course load? Classes, homework, golf?

I was behind in a couple of my classes from missing for golf tournaments. I did have some troubles keeping up with the rest of the class but now it's not an issue.

Is there anything you wish you knew before coming/starting college?

I wish I knew how to take better notes. I was not required to take notes in high school and now I'm not very good at it and it shows when I'm working on an assignment and I can't understand my own notes.

Interviewed by Colbi Howser



This semester, Avila Ambassadors welcomed their newest member Gabby Sysavath to the organization. Sysavath is a sophomore this fall, majoring in Pre-Med with a minor in Psychology. In her future, Sysavath hopes to become a pediatric neurologist, but for now she just wants to be involved in as many aspects of Avila as possible. Sysavath was first interested in joining the Ambassadors before she enrolled.

"Bailey Carr was actually my ambassador when I came for a tour; she was just so peppy and upbeat, she really sold the school to me," said Sysavath.

Another ambassador, Jessica Jankowski, was also a key player in getting Sysavath to join. "Jessica always told me how cool it was to be able to interact with possible new students and how fun it is to meet new people," Sysavath said.

Sysavath joined the Ambassadors as a way to get more involved at Avila and to be a part of persuading students to come to the University. In addition to participating as an ambassador, Sysavath is a part of the Avila Cheer

Squad and a member of the Bio-Med club.

“I don’t have a job right now, but I’m kind of looking. It’s hard to work when it conflicts so much with the things I’m involved with at school,” said Sysavath.

Although she is very busy, Sysavath is happy to be involved with Avila University. She has learned many things from the short time she has been involved that she otherwise would have never known.

“I thought it was funny that before the Eagles we were actually the Avalanche. I’ve learned a lot of interesting things about the school from becoming an ambassador,” said Sysavath.

For those students looking to get involved, Avila has a wide variety of clubs and organizations that are always looking to acquire new members. From academics to athletics, to the many special interest groups in between, there is always something to do here at Avila University.

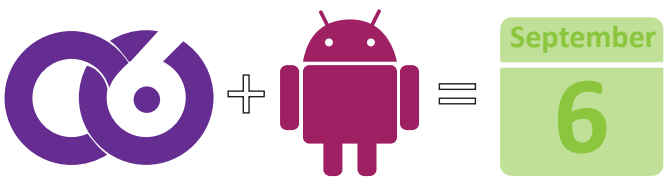
By Justine Phillips



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Stand Against Violence

Cross Country Newbies

Interviewed by Jackie Wacha

Their sport is other sports' punishment. Yes, while other teams run only to enforce discipline, cross country athletes spend their entire practice running and improving their endurance.

Here at Avila University, our cross country program is rather young, engaging in only their third season of intercollegiate athletics. Being a new program, there promises to be a crop of fresh faces with each season. This year, the team is the largest it has ever been, totaling 8 men and 7 women.

Of the newbies, two athletes have managed to stand out, showing strong performances in the first 5 meets of the season.





How many people were in your graduating class?

Will: 470

Tiffany: 175

What did you like to do for fun back at home?

Will: Play sports and go shooting. My favorite place to shoot is my granddad's farm.

Tiffany: Eat ice cream – I love it, it is my favorite food.

What jobs have you had?

Will: I have worked as a cashier at a grocery store in the past. My main occupation has been with the military





though. I served for 4 years in the Marine Corps. I was stationed in California, but I did two tours in Afghanistan. The first was for 7 months and the second was for 2 months. It was the power surge of 30,000 troops, but it got cut short.

Tiffany: I worked for a Snow Cone stand in Pleasant Hill. My parents are the owners, they bought it out for my brother and I and our friends to work at.

Do you have siblings?

Will: No, I am an only child.

Tiffany – Yes, I have one older brother. He actually went to Avila, as well. He was the backup kicker for the football team and graduated in spring '12.

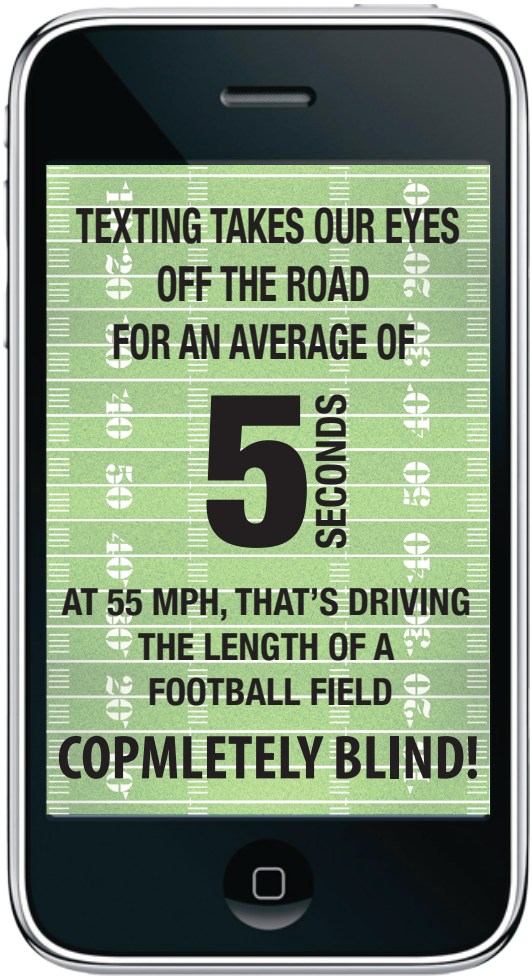
What do you like most about Avila?

Will: I like that it is a small and tight-knit community; most everyone is from the same area and can relate well. So far, my experience has been that everyone is really friendly.

Tiffany: I like the closeness of everything. Also, class sizes are even smaller than my high school, it is nice to have such personal relationships with professors when need be.

What do you least like about Avila?

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Will: I hate the quiet hours. Seriously, who goes to sleep before 10 p.m. anyway?

Tiffany: I regret choosing to live on the all girls floor; it is definitely not for me.

What has been your favorite cross country course to run and why?

Will: The Emporia Invitational this season because I dropped 30 seconds off my personal best in an 8K, which is now 28:21.

Tiffany: The Taber Invitational this season because it was so flat; I got 20.02 in a 5K, which beat my high school personal record by 1 minute and 5 seconds.

Have either of you had to battle injuries yet this season?

Will: Yes, I have had a calf injury on and off.

Tiffany: No. So far, so good.

What is your ideal pre-race meal?

Will: The night before, I like to have pasta and salad. Before a race, water, orange juice, or Gatorade, whichever I can get my hands on first.

Tiffany: I have a habit of getting sick, so I just stick to water before a race. The night before, I prefer to have pasta.

What is your preferred pre-game playlist or song?

Will: Classic rock or country. If I really want to get pumped up, ACDC gets me going, especially the song Thunderstruck.

Tiffany: I sleep every time in the van on the way there, no music for me.

What are your favorite movie and TV shows?

Will: NCIS is my favorite show. We Were Soldiers is my favorite movie.

Tiffany: Vampire Diaries is my favorite show right now. Remember the Titans is one of my favorite movies.

How far was the longest run you have ever went on?

Will: I once did a half marathon (13.1 miles) in the Mojave dessert. The temperature was in the 90's and the air was very dry and humid. I was happy with my time, though. I finished in 1 hour and 35 minutes.

Tiffany: I try to avoid running for pleasure since I have to do it so much for practice. The longest I have gone in practice is probably about 8 miles or so.

What is your favorite sport besides cross country?

Will: Football, unfortunately I was too skinny to play in high school.

Tiffany: Soccer, which I played in the spring at the same time as I ran track. In track, I had to run the 4x800, mile, open 800, and 2 mile each meet.

What are your favorite college and/or professional sports teams?

Will: KC Chiefs and Texas Longhorns.

Tiffany: Honestly, I don't pay attention to any of it.

If you could be any animal, what would you be and why?

Will: I would either be a wolf or lion because they are strong and dominant over other animals.

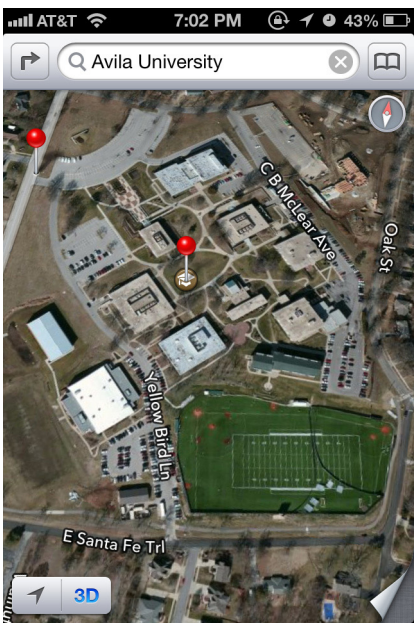
Tiffany: A bird so that I can fly.

In With the New

By Kelby Phelps

While the iPhone 5 has been getting the majority of the attention, older iPhone owners were allowed to share in many of the new features via iOS 6. This update brought most of the new features of the iPhone 5 to models as old as the 3GS.

The biggest change in iOS 6 is the maps app. Apple had previously used Google Inc. to provide all the information for their maps app but with this update, Apple Inc. has built their own from the ground up.





Apple has finally added turn-by-turn directions to the iPhone, as well as allowed Siri to blurt out directions on iPhone 4S and 5. One of the best features places directional signs at the top of the iPhone screen allowing you to multitask and still have your directions in sight.

The new maps app also has a useful satellite view and some cool 3D views of some cities, such as London. You are able to overlay road closures and traffic conditions to the map as well to help save time on the road.

With everything new in iOS 6, there was bound to be problems. The new

maps app had restaurants and landmarks missing, as well as clouded satellite shots over some cities. There are lots of little bugs here and there. Apple will eventually fix these things, but that will require time on their part, I'm sure.

Siri can finally look up sports scores and make restaurant reservations after her upgrade. Everything works well even though she still misunderstands at times.

While the big features are nice, some other small tweaks are useful as well. The new "do not disturb" setting mutes all text messages or calls received after your bed time. You can also respond with a default text if you choose to with the touch of a button.

Facebook is now integrated into your contacts and other apps. A new VIP folder is available in your e-mail. You can send challenges to your friends from the Game Center, and take some incredible panoramic pictures with the camera app. I also can't forget to mention the new "Tap to Tweet" upgrade that everyone has been waiting on.



The iPhone 5 is a huge upgrade from the previous iPhone 4S, literally! The larger screen and retina display had



fans going crazy trying to get their hands on them the first day. Some other notable upgrades were the HD FaceTime camera and fingerprint resistant coating over the front screen.

Similar to previous, but still new, color options for the iPhone 5 are Black/Slate and White/Silver. While still carrying a hefty price tag, some of the new additions to the iPhone 5 could be worth to you.

This new software takes a little getting used to but most people seem to enjoy it once they get a chance to use it. While there are some troubles with big features, Apple definitely put thought into every aspect of the new software to make it more enjoyable. Is all this enough to convert you to team iPhone?

THE AVILA APPRENTICE

2012-2013 SEASON



More details to come on www.avila.edu/careers/

For more information, including job descriptions, email careers@avila.edu

Freshman Erin Lundquist Cheer Camdenton, MO



Interviewd by Brittany Watson

What type of movies do you prefer?

I prefer to watch any action or horror movies. I think they're more fun to watch because the story line is sometimes harder to guess. I don't like movies that are predictable. I'm not really into the girly chick flicks either.

What brought you to Avila?

I came to Avila for multiple reasons. The first was because it was still an in-state school, which meant I wouldn't have THAT far to travel to go home. Also, it's close enough for my friends and family to drive up here to see me cheer. Second, when I graduated from Camdenton, I wasn't sure if I wanted to be a college cheerleader or not. When I started looking at Avila and contacted the cheer coach, I decided that I wanted to cheer and that I would try it out. So, here I am!

What is your background in Cheer?

I haven't been cheering for very long at all compared to some of the other girls on the squad. I decided to try out my sophomore year in high school, because my language teacher was the head coach and wanted me to be on the squad. My sophomore year I made the J.V. squad, but my junior and senior year I made varsity.

I have been a flyer all three years. Every year we went to two competitions, regionals and state. My favorite moment of competition was sophomore year at regionals when we got third place. My high school cheer memories will stay with me forever, and I'll always love to cheer on my schools' teams.

What kind of cell phone do you have? Why?

I own a Pantech Ease. I used to have an orange Samsung Magnet and my best friend back home wanted it since I didn't even like it that much, so we traded. I would love to have a new phone but I just haven't gone to AT&T to use my upgrade.

What scares you thinking about the next five years?

Thinking about the next five years scares me because, there's always that chance that I won't graduate from college. I don't want that to happen because right after Avila I plan on going to vet school.

If you could have anything in the world what would it be? Why?

If I could have anything in the world I would love to have an unlimited amount of money. If I chose money then I could buy anything at anytime.

What is your most memorable childhood memory? Why?

My most memorable childhood memory was when I busted my chin open in 2nd grade. I was at my grandma's house when it happened and I tripped over the bathroom rug and hit my chin on the edge of the bathtub. That has been the only time that I've ever needed stitches. I have a pretty cool scar from it too!

What is your ultimate dream job?

My ultimate dream job is becoming an exotic animal vet and getting to work on tigers, polar bears, and monkeys...etc. Most people don't get to see these types of animals up close or even get to touch them, but being able to perform surgery or checkups on them would be amazing.

If you could have any super power what would it be? Why?

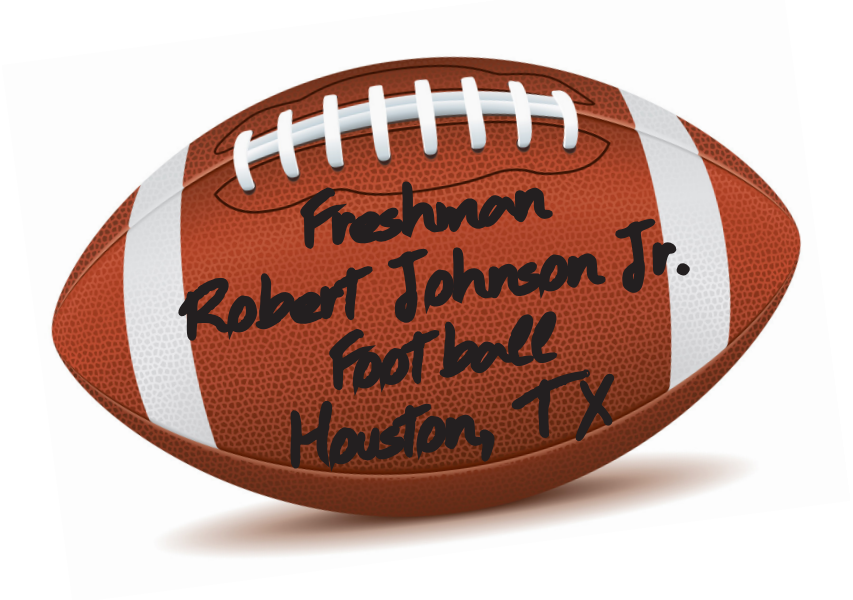
I would love to have invincibility, that way I would never get hurt. Physically or emotionally. I wouldn't be scared to try anything!

What are your favorite hobbies? Why?

My favorite hobbies are: cheerleading, photography, and anything outdoorsy :)

If you could trade places with one person in your favorite movie who would it be? Why?

Dr. Doolittle. He can talk to animals, simple as that!



Do you have a nickname your teammates call you?

Rob, Robert, RJ

When you aren't doing something football or class-related, what are some things you like doing?

Most of the time I catch up on my sleep, if not that then I'm playing some NBA 2K13.

You seem to be pretty athletic; did you play any other sports in high school?

I lettered in basketball, football, and track in high school

What are you majoring in?

Accounting

What are your plans for after graduation?

I want to graduate and become a (CPA) certified public accountant.

Do you have any siblings?

Yes, I have an older brother (27) and a younger sister (13).

If you could go anywhere or have one free day to do anything you wanted, what would it be?

It would have to be to South Beach, to a Heats game.

Who is better? LeBron James or Kobe Bryant?

LeBron most def!! Hands down!



If you could have any car, what would it be?

2012 Range Rover, all silver and 26 inch rims.

If you weren't playing college football, what would you be doing?

I would be a regular student at Sam Houston State in Huntsville, Texas.

Hype music, what are some things you listen to before a big game?

Hmm, for sure Meek Mill, or even some gospel. I'm a huge fan of Jonathan McReynolds (gospel).

Anything you can do that people may not know?

Well, I play the drums for my church and when I get some free time I like playing just random songs. I'm pretty good!

What are some things that motivate you?

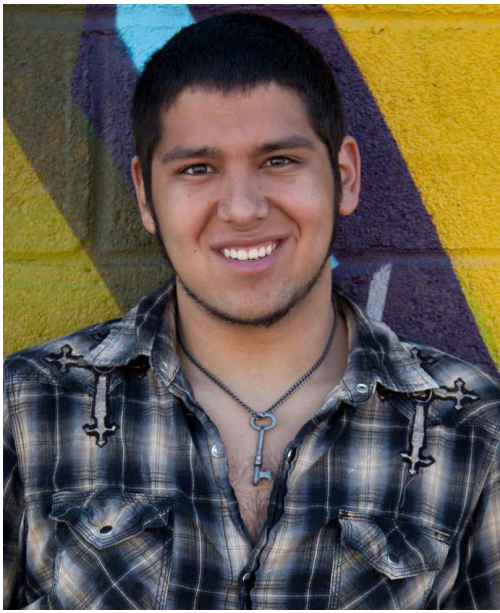
Well I have a lot, most definitely my family and friends, but I want to be the best in whatever I do, even if it is outside of sports. Another thing is I want to follow in my father's footsteps (Robert Johnson Sr.). He has been a great role model to me and my siblings.

What church do you attend?

Livingston Church of Christ in Houston, Texas.

Interviewed by Rashad Willis
Photo courtesy of Arielle Berna

Edward Mayo Theater



Interviewed by Whit S. Olson

Why did you choose theater?

I chose this because I want to be a professional director who owns his own theater. Also I want to do my own tech for the shows.

What is your favorite thing about Avila, so far?

I love the intensive theater program.

Why did you choose Avila?

Well, it's close to home and the fact that the theater program is based on skill rather than seniority.

Are you excited for the theater season?

Yes, because Fuddy Meers and The Producers look like fun to put on, and I'm really excited to be doing college theater.

If you could play any character in any show, what would it be and why?

Moritz from Spring Awakening because I really feel like I can connect to him.

What is your favorite movie genre and why?

Horror, because I love being scared and the character development in horror movies.

Which would you rather win? An Oscar® or Tony® for directing?

Ah duh, a Tony®, because I feel that it is more of a challenge with directing live theater because it is never the same show as the night before. Also I just really love theater.

What do you do in your spare time or when you're really bored?

Facebook, and I work at Worlds of Fun's Haunt as Krisper.


EXCUS
"...There is no place
I'm running
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the"@$#*%"..
For more information contact Disability Services, H
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Interviewed by Colbi Howser

What made you choose Avila?

I chose Avila because Robin Nigro (The former head golf coach) offered me a golf scholarship, but I also liked the atmosphere of Avila when I came for my college visit last year.

How is college different from high school?

I have a ton more free time so I am always taking little naps here and there throughout the day which I wasn't able to do in high school. The work load is about the same.

What has surprised you most about college?

How friendly everyone is and how personal the professors are.

Has it been hard making new friends, or being away from your friends in your hometown?

Not at all for me, I have all the people on the golf team to talk/hang with and I am pretty random so I will just walk up to some people and meet them.

If I were a senior in high school trying to decide what college I wanted to go to what advice could you give me with almost one year under your belt?

I would tell you to make sure you study and do well on tests and get all the extra credit points you can.

What is your major and how did you come to pick that major?

My major is Marketing, I am always trying to sell my grandma on stuff to get me.

How is living on your own (in the dorms) or if not living on your own what advantages are there to living at home?

I live at home so I can see my parents



whenever and I get a home-cooked meal whenever I want one.

Without your parents there to tell you to do your homework, how has your time management changed?

It hasn't really changed. I am a procrastinator at heart so that's how it's going to be. I get my work done just at the last minute.

What scares you about the next five years of your life?

I am going to go through a ton of changes and lose people I have always relied on.

How has participating in an extra curricular activity changed your time management? Or has it?

It hasn't really, like I said before I procrastinate but I always get it done and that comes from me always wanting to get a nap in every chance I can.

Have you had any troubles with your course load? Classes, homework, golf?

Everything has been pretty manageable for me, I haven't been over loaded with homework, class, work, and my golf schedule is pretty flexible.

Love's Christmas Journey

Love's Christmas Journey is the next film (#11) in the *Love Comes Softly* series by author Janette Oke. It is an emotional story following recently widowed Ellie King to her brother's house in Haddington. It's Christmas time and the entire town is going all out to celebrate the possibility of the railroad coming through. Ellie finds solace with her brother's family, but problems begin not long after she arrives.

This is a western drama, so there are lots of tense moments from the very beginning. A greedy landowner wants to make as much money as possible from the railroad, so he spends much of his time scheming and ruining other people's lives. There is a lot of emotional intensity between the main characters too, most of it romance related. One thing is for sure, this film will keep you on the edge of your seat.

Just when you start to get really involved, the film ends with a "to be continued." I have to admit, I was upset. It ended on a definite cliffhanger.

Love's Christmas Journey is full of hope, compassion, and inspiration, and I look forward to seeing what happens in the next film. Be sure to check it out, especially if you love Hallmark movies.

Available on DVD Tuesday, October 30th.

Reviewed by Liz Carroll

Some Fresh Faces From the Talon

What Would You Be for Halloween?



Sean Collins- Old Man



Aimee Adams- Ke$ha



Justin Reed- Barack Obama



Michelle Beeler- Minion from Despicable Me



Nic Yonter- Hercules



Amanda Littleton- Elf

"My Day Off" Workout

According to about.com, "The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes."

Being fatigued and overworked is anticipated from a majority of student-athletes. Rosemary Virgoni, member of the Avila University Glitter Girls Dance Team, said, "I expect the high physical demands that come along with being a collegiate athlete." This expected work ethic might just be what is driving athletes to a poor performance. Virgoni said, "Last year before Nationals I got mono because my body was so fatigued that practice was doing more harm than good."

If coaches gave athletes appropriate rest days between workouts and practices, more athletes would be capable of performing at peak ability on game days. Rather than giving athletes that day off, coaches assign a "day off workout."

Every Tuesday and Thursday, Avila Glitter Girls Dance Team members participate in mandatory workouts. The team has regular practice: Mondays, Wednesdays, Fridays, and Sundays (along with games on Saturdays.) Kaleigh Sheridan, also a member of the Avila University Glitter Girls, said, "I don't mind all of the working out, but it does get really stressful towards nationals." Sheridan and Virgoni joked around trying to mimic their "zombie-like" performance during the 2012 UDA Nationals Competition. The saying, "fight through the fatigue" should not be the pre-game huddle speech coaches are giving, but too often, it is.

The overworked athlete isn't discriminatory to one sport; this happens among the majority of Avila Athletics. Bopp Churchman, a member of the Avila University Basketball team and Courtney Morgan, member of the Avila University Softball team, both said they have practice the day before a game. Morgan said, "Honestly, the practices before a game are so light they're pointless."

Most athletes would appreciate having a night off to de-stress and rest before a big game. However most coaches cram in a last-second prac-

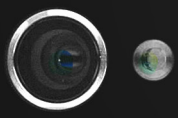
tice that prevents students from completing previous responsibilities, keeping them awake when sleep is most crucial for them.

According to huffingtonpost.com, a good nights sleep improves memory, curbs inflammation, sharpens attention, helps maintain a healthy weight, lowers stress, and prevents depression. A Stanford University study found that college football players who tried to sleep at least 10 hours a night for seven to eight weeks improved their average sprint time and had less daytime fatigue and more stamina.

The benefits of a day off and a good night sleep is a necessity very few student-athletes get to experience. If coaches really had their athletes' best interest at heart, a day off would be top priority.



By Aimee Adams
I'm a fun-loving Communications student at Avila University. Soon to be 21 years old (waahoooo). Working out is my drug and I have a serious addiction. I am a proud cheerleader for a nationally ranked team. I love my friends, family, major, and LIFE. God is my everything- Forever BLESSED. Read more at www.aimeeadamsblog.blogspot.com.



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